

## ***Fido disposable particulate respirator***



### **Instructions for fitting:**

1. Place the respirator over your nose and mouth. Be sure the metal nose clip is on top.
2. Pull the bottom strap over your head until it rests below the ears at the back of your neck. Untwist the strap.
3. Pull the top strap over your head until it rests on the crown of your head above your ears. Untwist the strap.
4. Without removing the respirator, adjust the straps until the respirator is secure. To tighten the respirator, gently pull the ends of both straps. To loosen the respirator, press on the back side of the buckle.
5. Using both hands starting at the top, mold the metal nose clip around your nose to achieve a secure seal.

**Note:** Pinching the nosepiece using one hand may result in improper fit and less effective respirator performance. Use two hands.